

THE 'HOFF

ROASTED WITH A
LITTLE HELP FROM
HIS FRIENDS SCENE (page 14)







'White buyer' need only apply

O Southwest house listing 'will only sell to a white buyer' ○ Home was listed in Signal Hill for \$512,800 ○ Some online comments agreed with posting

Date Posted

Title GREAT HOME IN WHITE COMMUNITY!

Description

Great home in highly rated white community! Great white workmanship througho living space. 2 1/2 baths and 2 baths along with 3 large bedrooms.

partially covered deck that allows for privacy and shade in the summer during that colored people peaking into your backyard. The detached garage is oversized 20 within walking distance to 3 brand new schools, we will only sell to a white buyer (and the privacy only.)





Calgarians are shocked after a home listing on a Calgary website stated the owners will sell to a "white buyer" only, in a "highly rated white community."

Calgarians took to the local rants and raves sections of Craigslist.com to voice their outrage at the house posting that appeared on CalgaryFinder.com. The listing also promised a private backyard that won't have "colored people peeking" in.

Area Ald. Joe Connelly said he is infuriated with the listing, even if it was a joke,

More inside

 Mortgage broker faces unintended consequences, page 3.

and said he will be looking into it further. "That is absolutely unacceptable and it's not the way Calgarians think and it's not the way Canadians think. Ward 6 is a very diverse community," Connelly said.

Metro contacted the only available link to the house sellers with no response, though a spokesperson for the CalgaryFinder.com said the listing was "legitimate."

"The ad was listed and paid for. It's our policy not to censor our ads, however if any ad is deemed unlawful it is removed promptly," Nancy Steiner said, adding if the seller discriminated against a buyer because of their race then it would violate Fair Housing Laws. © KRISTA SYLVESTER

World

Canadians among dead in bus drama

▶ Reports say five Canadian passport holders were in group of Hong Kong tourists in Philippines ▶ Three killed by gunman during Monday siege {page 8}

Fantasia opens up on her troubles

American Idol champ was devastated by accusations {page 18}



The birthplace of Canada's national dish?

Drummondville, Que., the 'ground zero' of poutine {page 20}

Weir shuts it down for year

Elbow injury ends forgettable season for Canadian {page 26}

Nissan goes outside the box

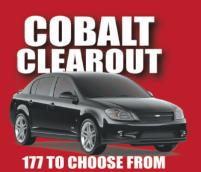
The ups and downs of the new Juke {page 27}

EMPLOYEE PRICING

EVENT



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No.				Available		Rebates	Price	Bonus	Bonus		
P100457	2010	BUICK	ENCLAVE	5 from	\$54,020	\$2,000.00	\$47,658	\$1,500.00	\$1,500.00		
P100490	2010	BUICK	LACROSSE	9 from	\$34,695	\$0.00	\$32,133	\$750.00	\$1,500.00		
C100358	2010	CADILLAC	CTS	10 from	\$50,670	\$1,500.00	\$45,724	\$3,000.00	\$1,500.00		
C101008	2010	CADILLAC	ESCALADE	4 from	\$95,410	\$6,500.00	\$79,015	\$3,000.00	\$1,500.00		
C101122	2010	CADILLAC	SRX	12 from	\$43,225	\$0.00	\$39,995	\$3,000.00	\$1,500.00		
C100839	2010	CHEVROLET	1500 SILVERADO	35 from	\$28,495	\$6,000.00	\$17,936	\$3,000.00	\$1,500.00		
C100477	2010	CHEVROLET	2500 SILVERADO	11 from	\$44,440	\$8,000.00	\$32,061	\$3,000.00	\$1,500.00		
C100517	2010	CHEVROLET	3500 SILVERADO	1 at	\$74,890	\$8,000.00	\$58,636	\$3,000.00	\$1,500.00		
C100974	2010	CHEVROLET	AVALANCHE	12 from	\$48,265	\$6,500.00	\$37,009	\$3,000.00	\$1,500.00		
C100286	2010	CHEVROLET	AVEO	17 from	\$15,300	\$2,000.00	\$11,995	\$0.00	\$0.00		
C100851	2010	CHEVROLET	CAMARO	9 from	\$30,105	\$0.00	\$27,903	\$750.00	\$1,500.00		
C101091	2010	CHEVROLET	COBALT	177 from	\$17,310	\$4,300.00	\$12,488	\$0.00	\$0.00		
C100392	2010	CHEVROLET	COLORADO	9 from	\$25,795	\$7,300.00	\$15,846	\$750.00	\$1,500.00		
C100902	2010	CHEVROLET	CORVETTE	1 at	\$90,065	\$7,000.00	\$70,648	\$750.00	\$1,500.00		
C100685	2010	CHEVROLET	EQUINOX	6 from	\$32,085	\$0.00	\$29,893	\$750.00	\$1,500.00		
C100490	2010	CHEVROLET	HHR	6 from	\$23,820	\$1,500.00	\$19,695	\$750.00	\$1,500.00		
C110010	2011	CHEVROLET	IMPALA	5 from	\$29,520	\$0.00	\$27,426	\$0.00	\$0.00		
C100372	2010	CHEVROLET	1500	32 from	\$37,320	\$6,000.00	\$27,781	\$3,000.00	\$1,500.00		
C110014	2011	CHEVROLET	MALIBU	12 from	\$26,390	\$0.00	\$25,057	\$0.00	\$0.00		
C100842	2010	CHEVROLET	SUBURBAN	1 at	\$80,775	\$4,000.00	\$68,229	\$1,500.00	\$1,500.00		
C101248	2010	CHEVROLET	TAHOE	1 at	\$75,470	\$6,000.00	\$61,579	\$1,500.00	\$1,500.00		
C100919	2010	CHEVROLET	TRAVERSE	22 from	\$37,505	\$2,000.00	\$32,690	\$1,500.00	\$1,500.00		
P100725	2010	GMC	1500 SIERRA	54 from	\$27,785	\$6,000.00	\$17,936	\$3,000.00	\$1,500.00		
P110005	2011	GMC	2500 SIERRA	10 from	\$42,155	\$2,500.00	\$35,589	\$0.00	\$0.00		
P100567	2010	GMC	ACADIA	10 from	\$39,905	\$2,000.00	\$34,860	\$1,500.00	\$1,500.00		
P100218	2010	GMC	CANYON	9 from	\$25,385	\$7,300.00	\$15,646	\$750.00	\$1,500.00		
P100733	2010	GMC	YUKON	4 from	\$71,855	\$4,000.00	\$60,177	\$1,500.00	\$1,500.00		

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MRU students paddling to greater oilsands understanding



Finlay MacNeill is hoping to get a "broader perspec-tive" on his province over the next nine days.

Yesterday morning, the fourth-year ecotourism and outdoor leadership student "put in" his canoe

at Calling Lake along with nine other students anxpaddle Athabasca River and take in the oilsands along the

Leading the expedition are Prof. Joe Pavelka and assistant instructor Jeff Couilliard. Pavelka selected the route partly because the Athabasca is beautiful,

large, historic, and challenging — but also be-cause it will enable his students to see, first-hand, Alberta's greatest contro-

"I've been told the best place to see the oilsands is from the river," said Pavel-ka. "We'll be right next to the projects."

As for MacNeill, he

jumped on the opportunity to see Alberta's north and the area "powering our entire country."

"So much of our life is run by petroleum and we take it for granted," he said. "I recognize the environmental impact the tar sands have caused, but I also drive a truck and paddle a canoe made of plastic."

Global issue

- 10 Mount Royal University students are paddling to Fort McKay to understand the complex pressures on the environment.
- "The tar sands are an extremely alobal issue, but they're also in our backyard," said Joe Pavelka.





News on the move

- Download the free ScanLife application with your smartphone at 2dscan.com
- your smartphone to scan 2D
- The codes will direct your mobile m.metronews.ca

On the web at metronews.ca

Paralyzed student designs program to help disabled kids play music. Video at metronews.ca/ canada



Link to listing beats down broker

CalgaryFinder.com contacted Bogoros last year to offer her free ads on all of their house listings

Humiliated and distraught, a Calgary woman was forced to defend herself against accusations of racism after a local website put her ad onto a questionable house listing without her knowledge.

Between bouts of tears and anger, mortgage broker Jackie Bogoros spent yesterday fielding angry emails and doing damage control after her phone number and email address were linked to the listing which claimed it would sell only to white buyers in a white SW Calgary neighbourhood.

"I want everyone to know I'm absolutely appalled at the content of the listing and I in no way, shape or form feel that way or endorse that thinking," she said. "It's a nightmare."

Bogoros received several emails calling her a racist, and one man contacted her

No crime

A police spokesperson said while the listing was offensive, it doesn't meet the criteria to be considered a hate crime.

employer because of the ad.

When Bogoros contacted the company to remove all of her ads, it replied with an email stating "it's not our fault" and the ad placed on the page "will not damage your reputation" as it was a free listing.

can't believe they would respond that way after everything I have gone through. My reputation is damaged if even one person thinks I'm a racist," she said.

CalgaryFinder.com confirmed the ads and listing were removed yesterday, after Bogoros complained. M KRISTA SYLVESTER



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News in brief



High-risk offender arrested

CRIME. Officers arrested and charged a high-risk offender Sunday morning after he alleged-ly assaulted two women in a southeast home.

When police arrived they found Keegan Gilbert Spearchief, 24, armed with a knife and talking to a man on the front lawn of a home in the 3100 block of Doverville Crescent SE.

Police chased him down after he fled the scene with the knife.

Man's beef not with the CBC

CORRECTION. In the yester-day's edition of Metro, it was reported in "Man charged after CBC stand-off" that the gunman was believed to have had a complaint against a former CBC employee. In fact, the man had a complaint against a former employer and wanted his story told. Metro regrets the error. METRO CALGARY

Robbers grab drugs, sword

THEFT. Police are looking for three men involved in a home invasion early yesterday morning.

Around 12:30 a.m., the men forcefully entered a home on Valentine Crescent SE, produced a firearm and stole a sword, a small amount of drugs and cash from the residents in the downstairs and upstairs suites. Those with information are asked to call 403-206-8787.

Double-deckers set for suburbia

▶ Feedback 'surprisingly positive': Official ◆ Regional Transit Plan can curtail urban sprawl: Cochrane mayor



Commuters in Calgary's satellite towns will soon have transit access to the city's downtown core through double-decker buses that were unveiled in Cochrane yesterday.

Airdrie will be the first

Airdrie will be the first of the towns to get bus service in the fall and will be followed by Cochrane's planned service in 2012, with Okotoks and Chestermere three to five years down the road, and High River and Strathmore on the horizon.

"It started in the regional plan we put together," said Colleen Shepard, executive director of the Calgary Regional Partnership.



"We looked at regional transit as the backbone of our strategy."

Much of the funding for the service came from the Alberta government's GreenTRIP program, the rest being offset by fares, which will be around six dollars

"We started to envision this before GreenTRIP came in, but it certainly would've taken us so much longer without it," said Shepard.

The double-decker buses were chosen for their

Transit planning

- Four buses will run from Cochrane to Crowfoot LRT Station until Rocky Ridge opens.
- A trip will be made every half hour from 6 a.m. to 9 a.m. and 3 p.m. to 6 p.m.
- Buses have the capacity for 40 riders.
- Altogether, Cochrane's buses cost \$3.6 million, two thirds of which is provided by GreenTRIP.
- Plans to expand service beyond commuters is likely.

cheaper operating cost, increased capacity and more attractiveness for riders, said Cochrane Mayor Truper McBride.

"In Cochrane, people are very excited about this," he said. "We have a large commuter population."

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More Toonies than ever

Improved transplant outcomes are credited to community support The Alberta Children's Hospital provides BMT transplants for children across Alberta, eastern British Columbia, and western Saskatchewan



In large part because of the Blood and Marrow Trans-plantation (BMT) program at the Alberta Children's Hospital, Michael Andrews is four-and-a-half years cancer-free.

Yesterday. the sevenyear-old and his family celebrated the success of ATB Financial's 2010 Teddy for a Toonie Campaign, which raised a record-breaking \$300,000 for the BMT pro-

Michael personally benefited from BMT not long after he was diagnosed with a neuroblastoma tumour and underwent five rounds of chemotherapy. In September 2005, he underwent a stem-cell rescue procedure, during which his own cells were harvested. In that process, said Dr. Victor Lewis, head of BMT, "we replace an old, dysfunctional immune system with one that is new and



normal.

He added that there are life-threatening side-effects of BMT, but that "the alternative is unthink-

able."
"Without (BMT) I don't know if his cells would have regenerated as fast," said Lisa Colford, Michael's mother. "Now he's at home and doing fantastic."

Lewis called Michael's story a "true success" in light of past statistics. Twenty years ago, he explained, less than 20 per cent of children who had Michael's disease survived. Today, the survival rate is 70 per cent.

FUNDRAISING

ATB pitches in to aid children's hospitals

Over the last 11 years, ATB Financial has raised over \$3 million for children's health in Alberta, according to spokesperson Sandy Shipchar.

"And this is just a start for us," she said. Every May, 63

branches campaign to support two important causes — one each for the Stollery and Alberta's Children's Hospital Foundations

This year, 5,000 of the company's associates, along with their customers, raised \$600,000 in the Teddy for a Toonie campaign.

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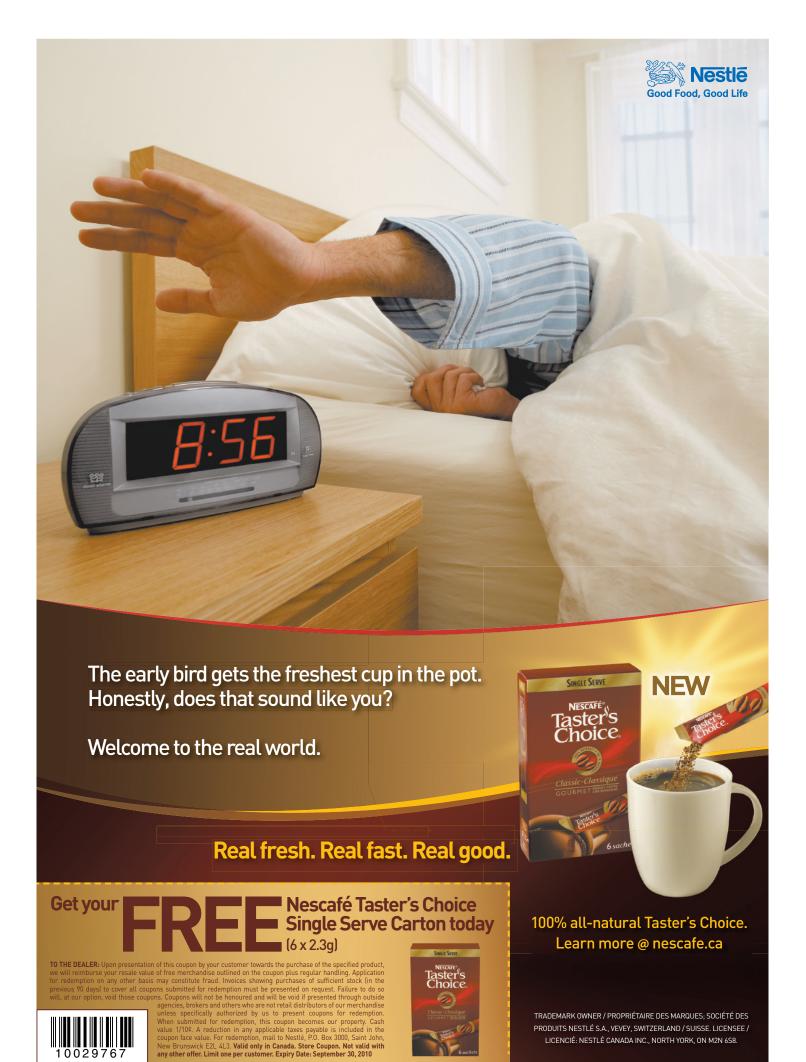
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AGRICULTURE

No wine for cows: Regulator

Beer-fed cattle in Japan are supposed to be more succulent, so a B.C. rancher believes wine-fed cattle should be boeuf on the hoof.

But the Canadian Food Inspection Agency has put a cork in the idea, ruling wine is fine, but not for bovine.

"If people can drink it, why can't cattle drink it," said Southern Plus Feedlot operator Bill Freding.

He said the agency

has told him wine is not on the list of approved ingredients for cattle feed.

"I was quite surprised it wasn't just a natural ingredient," said Freding, who's the president of the B.C. Association of Cattle Feeders.

"You get officious individuals there who like to have a power trip," he said of CFIA staff.

The decision has likely crushed Freding's wine-feeding plans.

But it wasn't not sour grapes for the Princetonarea rancher who said he will fight for the right to add red or white – although he admitted it could take several years to decant his vision.

Students bug staff room

Two Swedish schoolgirls have been found guilty of planting a bugging device in a staff room in a bid to improve grades.

The girls, in their mid teens, are from well-heeled Stockholm suburb Lidingö and they devised the plan after finding a set of keys to the staff common room.

The pair bought basic bugging equipment in a gadget shop, waited until the end of the school day then planted the device.

The aim was to find out valuable information ahead of a conference that would decide what grades the students would get that term. Both girls want-

ed to raise their grades.

And the plan might have succeeded if one of them hadn't revealed all on her Facebook page.

A court in Stockholm found both guilty of arbitrary acts and trespassing.

"We did it mostly for fun," one of the girls told the court.

She and her class mate were fined to 200 euro each.

"It is very important for the school to take a stand in matters like these. Even if there may be consequences for the students later on," said headmaster Agneta Wemnell.

METRO WORLD NEWS

Canadians among slain bus hostages



Arctic station has home

The federal government has chosen Cambridge Bay, Nunavut, as the home for the long-awaited Canadian High Arctic research station.

The Harper

government had promised in 2007 to build the facility and last year announced

that three Nunavut communities were under consideration for its home.

THE CANADIAN PRESS

Philippine president declares today national day of mourning

Three Canadian citizens, including a father who gave his life in an effort to protect his family, were among eight Hong Kong tourists killed Monday in a deadly hostage standoff in the Philippines that left grieving, angry family members demanding answers from authorities.

Media reports indicated there were at least five people holding Canadian passports on board the bus in the capital of Manila when it was seized by a gunwielding former police officer, who triggered a protracted and controversial police response when he opened fire.

The three slain Canadians were identified as Ken Leung, 58, and his daughters Jessie, 14, and Doris, 21, all three of them dual citizens who lived in Hong Kong.

Leung, a managing director for Asia operations with U.K.-based electronics manufacturer Stadium Group PLC, held a Canadian passport, a spokesman said from London.

Leung's wife, Amy Ng, who was unhurt in the melee, said her husband confronted the gunman before he was killed. The couple's son, Jason Leung, 18, remained in hospital after

Crisis fallout

- ➤ Government Philippine Interior Secretary Jessie Robredo, who is in charge of the national police, acknowledged yesterday there were problems with how the crisis was handled.
- Police Philippine police had defended their actions, pointing out that officers lacking proper equipment had risked their lives in trying to bring the standoff to an end. But they promised to review all events leading to the deaths.
- Hong Kong Sorrow quickly evolved into outrage, with several of the semiautonomous Chinese territory's political parties leading protesters to the Philippine Consulate.

surgery on a head wound. Two of the Leung children were studying in Canada. Jason Leung attended Bronte College of Canada, a private school for foreign-exchange students in Mississauga, west of Toronto.

Ron Taylor, Bronte College's resident co-ordinator said that Jason's sister Doris, who was killed in the standoff, was a University of Toronto student.

THE CANADIAN PRESS





UN: Pakistan needs 40 more relief choppers

While no major disease outbreaks have occurred due to the floods, aid agencies are increasingly worried

About 800,000 people have been cut off by floods in Pakistan and are only reachable by air, the United Nations said yesterday.

The appeal was an indi-cation of the massive problems facing the relief effort in Pakistan more than three weeks after the floods hit the country, affecting more than 17 million people and raising concerns about possible social and political unrest.

"These unprecedented floods pose unprecedented logistical challenges, and this requires an extraordinary effort by the interna-

The U.S. has sent at least 18 helicopters that are flying regular relief missions, but the UN said it would need at least 40 more heavylift choppers working at full capacity to reach all those stranded.

tional community," said John Holmes, UN under-secretary-general for humanitarian affairs.

Earlier, Prime Minister Yousuf Raza Gilani said

hundreds of health facilities had been damaged and tens of thousands of medical workers displaced and the country's chief meteorologist warned that it would be two weeks until the Indus River — the focus of the flooding — returns to normal levels

Qamar-uz-Zaman Chaudhry, director general of the Pakistan Meteorological Department, said high tides in the Arabian Sea would slow the drainage of the Indus into it. Those tides, he said, will begin changing on Aug. 25.

THE ASSOCIATED PRESS.

ANIMAL CRUELTY

Cat's captor identified

The grey-haired woman gently pets the cat, occasionally glancing furtively at a garbage bin. Then she strikes, casually grabbing it by the scruff, tossing it in, popping the lid closed, and quickly strolling away.

The surveillance video posted online by Lola the cat's owners takes only seconds, but it has

outraged thousands of viewers around the world, some of whom posted angry messages pledging they'd seek retribution.

Police say they've identified the woman and posted guards outside her house in central England.

Investigators at the Royal Society for the Prevention of Cruelty to Animals, which prosecutes cruelty cases, said yesterday that the grey striped cat was trapped for 15 hours before being rescued on Sunday morning by her owners.

Historical chestnut regrowing

A shoot growing from the splintered trunk of a chestnut that cheered Anne Frank during her time in hiding could give the tree a new lease of life after a storm toppled it, a spokeswoman for a group that campaigned to save the tree said yesterday.

A storm that buffeted Amsterdam on Monday sent the chestnut crashing to the ground.

THE ASSOCIATED PRESS

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Chinese jet crashes near landing strip

Cause unknown ◆ News agency says aviation officials discussed problems with ERJ-190s jets earlier

A Chinese passenger jet crashed while trying to land on a fog-shrouded runway in the country's northeast and burst into flames, killing 42 people and injuring 54 others, state media said.

The Henan Airlines plane with 91 passengers and five crew crashed late yesterday in a grassy area near the Lindu airport on the outskirts of Yichun, the official Xinhua News Agency said. Five of those onboard were children, the Civil Aviation Administration of China said, but their fates were immediately not known.

The crash and subsequent fire were so severe

that little of the fuselage remained, though the charred tail was still largely intact.

China Central Television said eight of the victims were found 20 to 30 metres from the plane's wreckage in a muddy field

The Brazilian-made Embraer E-190 jet had taken off from Heilongjiang's capital of Harbin shortly before 9 p.m. and crashed a little more than an hour later while arriving at Yichun, Xinhua said. Yichun is a city of about one million people located 160 kilometres from the Russian border.



ANTONIO CALANNI/THE ASSOCIATED DD

Drivers not included

A pair of fender-benders, two technology-loving hitchhikers and 22 hours blocked at the Russian border. That's the balance sheet one month into the three-month journey for a team of driverless vehicles on a 13,000-kilometre road trip from Europe to China.

Trapped miners get another bit of hope

Singing the Chilean national anthem in a full-throated chorus, 33 miners trapped deep underground thanked their rescuers and settled in for a long wait until a tunnel wide enough to pull them out can be carved through a half-mile of solid rock

Raising hopes further, a second bore hole was punched into the chamber where the miners are entombed, and a third probe was nearing the spot yesterday.

"They had two little spoonfuls of tuna, a sip of milk and a biscuit every 48 hours."

DR. SERGIO AGUILAR

After parcelling out tiny bits of food and drinking water carved from the mine floor with a backhoe for 18 days, the miners were getting glucose and rehydration tablets to restore their digestive systems.

THE ASSOCIATED PRESS

China's traffic jam 10 days old

A massive traffic jam in north China that stretches for dozens of kilometres and hit its 10-day mark yesterday stems from road construction in Beijing that won't be finished until the middle of next month, an official said

5 days
Some drivers have been stuck in the jam for five days, China Central Television reported yesterday.

Bumper-to-bumper gridlock spanning 100 kilometres, with vehicles moving little more than a kilometre a day at one point, has improved since this past weekend, an official said.



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News in brief

3-D TV with no glasses?

TOSHIBA. Japanese electronics maker Toshiba Corp. said yesterday it is developing technology for a 3-D television that won't require special glasses. THE ASSOCIATED PRESS

(94.31¢ US)

Billabong to buy West 49

RETAIL. West 49 shareholders have voted almost unanimously in favour of Billabong's \$99-million takeover bid for the Canadian clothing retailer. Both West 49 and Australia's Billabong cater to youth and young adults. THE CANADIAN PRESS

Market moment DOLLAR Natural gas 1,000 cu ft TSX Gold

(\$71.63 US)

(11.557.35)

"The case has been re-

GM, dealers agree

\$1.5M lawsuit settled Suit with 200 other dealers still ongoing

Several General Motors dealerships slated for closure will remain open after reaching a settlement with the automaker following nine months of legal wrangling

GM Canada spokesman Tony LaRocca confirmed yesterday that a deal has been reached with 21 dealerships that sued the company last year after they were told they'd be closed as part of GM's restructuring efforts. Of those, about a dozen will remain open.

The terms of the agreement are confidential

solved to the mutual satisfaction of the plaintiffs and GM. I'm sure both parties are pleased the litigation is concluded," said Jonathan Lisus, a lawyer who represented the dealerships.

LaRocca said the settlement will allow GM Canada to turn its attention back to improving its sales performance.

GM announced last year that it would eliminate more than one-third of its Canadian dealerships by October 2010 in an attempt to cut costs and streamline its business

THE CANADIAN PRESS



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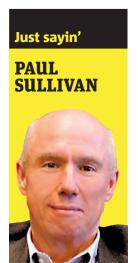
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IGGY'S SUMMER ROAD TRIP LACKS POP



Whatever happened to Michael Ignatieff? Michael Who?

ou know, Michael Ignatieff, the Liberal leader? That guy who always comes in second to Stephen Harper in the polls? Well, he stopped beating his head against the polls and joined thousands of Canadians on that great summer migration — the classic road trip. While Harper is busy ripping up the long-form census, Ignatieff is pressing flesh and downing vats of coffee with real people from Mon Petit Choux Ĉafé in Nanaimo, B.C., to Rita's Tea Room in Big Pond, N.S.

So far, he has logged 33,399 kilometres on the Liberal Express bus and the tour isn't over yet.

The Express zips through an ice cream stop in Magog and Captain Burger in Richmond, Que. before finishing up at Big Pond

this Sunday. By the looks of his schedule, he's been to every Tim Hortons in the country, and if nothing else, should be eligible for a free box of Timbits.

It's grassroots, door-to-door campaigning. Only the scope is different. Instead of one constituency, Ignatieff has decided to visit

them all. It's supposed to help him shed his aloof academic image, so Canadian voters no longer get him mixed up with John Ralston Saul, our other intellectual.

"Not a bad line.

but we can

expect good lines

from (Michael)

Ignatieff, whose

byline is a fixture

in the finest

periodicals from

Harpers to The

New Yorker."

I'm not sure if it's working, but at least it's keeping him busy, which means he's not try-

ing to form a coalition with the separatists (bad idea — maybe the worst ever). He even turned up in neighbourhood the other day, the North Shore of Vancouver, where

he managed to connect his own family saga (his grandfather was the Russian Czar's last minister of ed-

ucation. Come the revolution. the family fled to Canada) to that unpopular boatload of Tamil refugees causing so much fuss on

"We must always be a haven in a heartless world," he declared (twice for emphasis) and that received a slightly tentative round

Not a bad line, but we can expect good lines from Ignatieff, whose byline is a fixture in the finest periodicals from Harpers to The New Yorker. What we're also getting, and perhaps didn't expect, is Ignatieff's determination to demonstrate he's ready to do the work and convince Canadians he's really one of us, one voter at a time.

What's missing is the message. Can't have everything. We may be closer to answering "Who is Michael Ignatieff?" But after nearly 34,000 kilometres. we're still a long way from "What is Michael Ignatieff?" never mind "Why?"

Cartoon

Nothing in life is fair

Looking for seats



DARTMOUTH. I read with interest the letter from Ian Dummigan regarding the Green party (Aug. 23). It is very interesting that he says Elizabeth May seems to have a distorted view of democracy since her party has never won a single seat in Parliament.

Democracy is changing. I personally have not voted for the Green party, but I can surely understand why the Greens would be upset. In the last election they received 6.78 per cent of the popular vote but didn't win any seats. while the Bloc, which ran in only one province, won 49 seats with only 10 per cent of the national vote

and, therefore, have a disproportional influence on the government of this country.

No wonder there are so many Canadians wondering where the fairness is in our electoral system. CARL ELLIS

Re: (Tamil) migrants not jumping the queue: Spokesman.

VANCOUVER. Once these people touched land, they Why?

were here to stay. They aren't leaving - we need

to get over it.
We need to focus on the next time, take a stand and set a precedent. We need to show the world that you can't just bypass our laws because they are inconvenient. S. PETERSEN

Coffee or tea?

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Metro Minute with ProArts @ **Noon**

Support local and emerging artists through the ProArts Noon program: Every Wednesday at noon, performers showcase their art at Cathedral Church on the corner of 7 Avenue and 1 Street SE. Today, Celtic Duo Dean Kernohan and Dan Sommerville will inspire with jigs, reels and ballads from 12:10-12:50 p.m.

"It's very casual, with a

lot of coming and going," said artistic director Damon Johnston. "We even get runners dropping in during their noon-hour

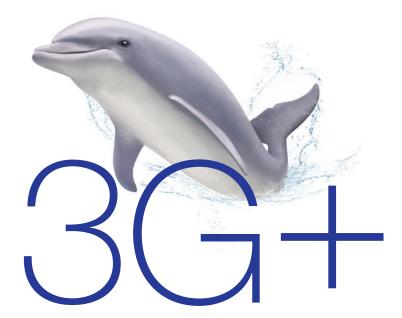
Attendance varies each week, as do the art forms: Johnston has featured flamenco dancers, poets, spoken word artists, actors, and, of course, musicians.



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Piranha sequel coming

Prehistoric killer fish will get another chance to sink their teeth into audiences in an upcoming sequel to Piranha 3D. Dimension Films, which re-leased the overthe-top thriller this past weekend, announced that part two is in the works. Piranha 3D didn't have a great opening, debuting in sixth place at the box office with \$10.1 million. But it got an overwhelmingly strong critical reception, earning 81 per cent positive reviews on the Rotten Tomatoes website. THE ASSOCIATED PRESS





Borgnine is finding his fanbase just keeps getting younger and younger.



Comedy Central roasts The 'Hoff

▶ It's been a while since the infamous video of David Hasselhoff chowing down on a floor-cheeseburger ◆ He's now finally willing to face the music



He's been the butt of a lot of jokes, but this time David Hasselhoff is getting in on the action. The former Knight Rider and Baywatch star put him in the hot seat for an old-fashioned roast by the good folks at Comedy Central, and Metro was there for every obscenity-filled

cheeseburger reference. But the Hoff wasn't fazed.

"Honest to God, I wasn't acting at all. I couldn't stop laughing. My face hurts," Hasselhoff told Metro backstage after the taping. "After every one of the guys would come off, they'd say, 'You know I love you.' And it was really, really cool."

Hasselhoff went into the event with an open mind and a healthy "If you can't laugh about yourself and you hold things in and you take life seriously, that's when you have problems."

amount of self-awareness. The festivities were led by roast-master Seth Mac-Farlane, who opened with the question, "How do you make jokes about a joke? How do you put someone down when they are already lying shirtless on the floor?" The roast roster included Hulk Hogan, Jerry Springer and Pamela Anderson, among others.

The roast of David Hasselhoff airs this Saturday night on the Comedy network

Deutschland

Another popular target was Hasselhoff's continued popularity in Germany, something he's less apt to poke fun at. "I don't care what people say, I really don't. I go over to Germany, and I've never had more fun in my life than being a rock star and singing. I sang on the Berlin Wall to a million people, and the song was called 'Looking for Freedom,' and I'll never, ever forget it."

Not a joke: Levi Johnston is running for mayor

Levi Johnston, the father of former Alaska Gov. Sarah Palin's grandson, has filed papers to run for office in his hometown of Wasilla, Alaska, next year.

Johnston filed his letter of intent Friday with the Alaska Public Offices Commission, a first step needed to begin campaigning.

The letter doesn't specify an office though Johnston's manager, Tank Jones, has said Johnston's interested in a run for mayor or City Council. He did not immediately return a message Monday.

Wasilla is where Palin got her political start, first as a council member and then as mayor.

Earlier this month, Jones confirmed that Johnston planned to run for office as part of a reality TV show.

Johnston and Palin's daughter Bristol were thrust into the national spotlight in 2008, when Palin was making her vicepresidential run and the two were unwed expectant teens.

Johnston, 20, has had a prickly relationship with the Palin family since the birth of the son and has sought to capitalize on his notoriety, posing for Playgirl and hitting the Hollywood circuit. He and Bristol Palin recently broke off a short-lived engagement.

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Klaxons not undone by UK's rumour mill

- Diritish band releases follow up to Mercury Prize-winning album
- Despite concerns of producer, band not going the way of Limp Bizkit





With success comes anticipation, and with anticipation comes all sorts of crazy, cooked up rumours. England's Klaxons can tell you a bunch of them. For instance, that their second album was rejected by the label for being "too experimental." Or that their producer Ross Robinson had turned them into a nu-met-al band. Or, best of all, that they had entered the studio to record with hip-hop legend Dr. Dre.

"We seem prone to attracting rumours in England anyway," explains guitarist Simon Taylor-Davis. "I was never in a studio with Dr. Dre. That could have been a disaster, to be honest!"

Surfing The Void, Klaxons' follow-up to 2007's Mercury Prize-winning album, Myths Of The Near Future, is far from a disaster, to be honest. Yes, it was recorded with Ross Robinson, the "Godfather of numetal" and man behind albums by Korn, Limp Bizkit and Slipknot, but Taylor-Davis says they instantly

clicked with the producer.

"For us, it was about his character and personality," he says. "We've always been about getting on with people, first and foremost, on a humane level, without worrying about whatever cool bands that person has produced before."

What some viewed as a gamble paid off for Klaxons. Surfing The Void is a metal-free, frenetic rush that marries strokes of mind-melting psychedelia and leftfield yet accessible pop choruses. The concept may be far out there, but Taylor-Davis says the im-

Nu-rave

▶ Back in 2006, Klaxons jokingly coined their music "nu-rave." The name stuck and launched a backlashheavy movement that brought back fluorescent fashion and glow sticks. Taylor-Davis says he doesn't regret it though. "I have nothing but purely positive memories and things to say about that time."

mediacy of the songs represents both the band's and the audience's interests.



CEE-LO RISES TO THE TOP THIS SUMMER

here's a quiet competition every July and August in the music world — which artist will have the song of the summer? Until last week there was one candidate: Katy Perry and her song California Gurls, But on Friday, the internet felt like it nearly exploded with all the chatter around Cee-Lo Green's new single F— You, which he released on YouTube. Many critics have heralded it as not only their favourite midyear song, but the catchiest, most creative, song of the year.

The song really is as good as everyone makes it out to be, and it's a perfect example of what makes a great song — something I can't say about Perry's imitative hit single. Here's why it works:

It's catchy

Most artists try to write a song with hooks, but few pull it off. Right away the osng starts off right. Its bouncy piano riff leads into the singer's James Brown-like wail; the whole track is a warped version of a Jackson 5 song.

Smart lyrics

Words are often an after thought for most artists. Perry, in California Gurls' bland first verse says, "I know a place where the grass is really greener, warm, wet and wild there must be somethin' in the water." Contrast that to Cee-Lo's first verse — "I see you driving 'round town with the girl I love and I'm like f—you." While he does say phrase 16 times, the vulgarities make sense — he's angry that another guy stole his girl.

It's creative

The song sounds and feels original. The kinetic R&B pop sound combined with the smart, funny (but not kitschy) lyrics, and a why-didn't-I-think-of-that video with only lyrics on a coloured background, took care and work to create.

When it comes down to it, it's not just talent that makes a song great. A catchy, thought provoking tune that's born out of painstaking work will, at least artistically, beat out a fluffy pop track churned out to make a label and artist rich, every time.

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No more Mr. Nice Guy

● Why the go-to good guy wouldn't mind showing elements of his dark side ● How he tapped into more tragic material on HawthoRNe this year



Television's resident nice guy Michael Vartan would love to break bad one of these days.

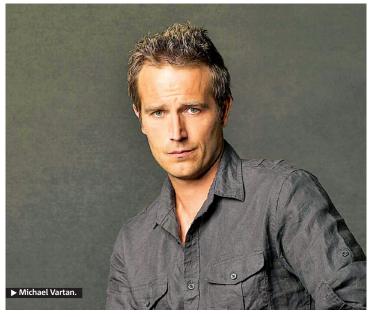
"Nice guys are so boring!" he laments. "I've been playing them for 20 years now. I feel so lucky to have played them, but c'mon. Let me carry a knife or something.

"Switch my stethoscope out for a chainsaw — a different kind of surgeon," he jokes.

That's not going to happen as the second season of Vartan's medical drama HawthoRNe comes to a close.

But as Dr. Tom Wakefield, the knight in white lab coat opposite Jada Pinkett-Smith's headstrong nurse Christina Hawthorne, Vartan has been able to mine the less-sterling aspects of his character after Tom suffered a potentially career-ending hand injury and was forced to re-evaluate his life choices.

"You can learn from extreme highs, but also from



extreme lows," he says.

As far as playing that in a character, you just have to put yourself in those persons' shoes — what are the ramifications of this guy potentially never being able to operate again?

"Well, that would suck," the 41-year-old explains of his preparation for the role.

"People want to see ugly and messed up and completely chaotic and the overcoming of all that stuff." Vartan says. "I'm all for Tom being a lot darker," he admits. "Make him an alcoholic, make him a druggie — turn hell loose on him!"

All kidding on a career aside ...

Vartan, who starred in Alias and Monster-in-Law, may joke about the trajectory of his career, but he's pragmatic too: "This job came to me. They said, 'There's a medical show that we're interested in you for, and my first response was, 'No. I'm not interested.' ... And they said, 'Jada Pinkett-Smith is starring and executive producing,' and I said, 'I'm in.'"

TV watch list

Explosive hurricane

NEWS. This week marks the fifth anniversary of the Hurricane Katrina disaster. The investigative journalism series Frontline looks at claims that New Orleans police used lethal force against citizens during the hurricane, then tried to cover it up later

Frontline.

PBS

Questionable beauty

REALITY TV. On Jessica Simpson's The Price of Beauty, the pop star takes gets a painful bikini wax before meeting with a woman who has had over 42 plastic surgeries in her lifetime.

 Jessica Simpson's The Price of Beauty MuchMusic





Perry cleared of plagiarism

A U.S. federal appeals court has upheld a jury's verdict that actor-screenwriter Tyler Perry didn't steal material for his

2005 movie Diary of a Mad Black Woman.

Two years ago, jurors in East Texas found actress and writer Donna West failed to support her copy-



West appealed the verdict. The 5th U.S. Circuit Court of Appeals ruled Monday there was nothing improper in the way the trial was conducted. West wrote a play ti-

tled Fantasy of a Black Woman that was

performed three times in 1991 in Dallas. Perry testified his screenplay was an original work. The \$5 million film grossed more than \$50 million.

THE ASSOCIATED PRESS



Lies nearly led to Fantasia's demise

American Idol champ was devastated and 'numb' over accusations she broke up a marriage O Singer rebounds with reality show, new album

Fantasia said she was so upset about allegations that she broke up a marriage she was ready to die.

"I felt like if that would have happened, I would have been fine with that — I would have been OK with that," she said in an interview with The Associated Press on Monday afternoon, nearly two weeks after she attempted suicide.

The former American Idol champ took a mixture of aspirin and sleeping pills after she was named in divorce papers as the cause of a couple's breakup. The 26-year-old said she was so devastated and upset about lies being spread about her that she couldn't function anymore.

"I had never experienced that — I was very numb," she said.

As for the accusations that she knowingly dated Antwaun Cook even though he was married with kids, she said he was already separated when they started dating: "I don't think I would stand for going in and breaking up somebody's home."

While she called Cook a good guy and a "great friend," she said they are haven't been for a while. Fantasia shares some of her story on VH1's Behind the Music and a new season of her reality show Fantasia for Real debuts in

of the story: "The best way for me to clear my name is through my show," she said.

Her focus now, however, is on her album, Back to Me, out yesterday. She is in therapy, and said she's

now better able to cope with her problems.

"I must say it was probably a blessing to be in the hospital," she said, adding: "It ain't time for me to go

THE ASSOCIATED PRESS



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Celebrity tweets



Nick Cannon [ANick-Cannon] How do I stop people from hack-

ing into my twitter?! I'm tired of changing my password everyday!



Russell Crowe [@russellcrowe] 9.16, bed time inthe bush,i'll

wake when it's still dark so i can have a cup of irish tea and watch the world and the wallabies stretch.



Sandra Bernhard [@Sandra-Bernhard] it's a full on new york

morning construction on the corner, the union busting it across the street, complete with pile driver and whistles

METRO

Talking points

Carey denying prego rumours

I'M NOT PREGNANT. NOW WHERE ARE THE PICKLES AND ICE CREAM? After

avoiding cameras and public appearances for months, Mariah Carey is fighting off renewed pregnancy rumors, according to AHN.

The singer was photographed in Brazil looking fuller-figured and wearing loose-fitting clothing before hitting the stage for a concert.

She furthered pregnancy speculation after the show by post-



Lohan gets an early rehab exit?

Lohan camp reportedly got a doctor to sign off on early release Probation hearing called

Radar Online reports Lindsay Lohan signed her discharge papers and that it was possible she could be released from rehab as early as last night.

Before this development, Lohan's lawyer was headed to a probation modification hearing today to argue that Lohan should be released from rehab early, according to Radar Online. Lohan's camp reportedly has testimony from doctors at the UCLA Medical Center stating that she does not need more than 30 days of rehab, let alone the court-ordered 90 days.

"It is hard to find a doc-

tor to recommend somebody get out of treatment early, nearly impossible actually," a source from another rehab facility tells the Web site. "Kudos to the Lohan camp for making it happen."

Lindsay would be slated to continue going to outpatient treatment for drug addiction at the UCLA treatment centre several times per week. Lohan is also said to be seeking permission to come to New York in early September, where mom Dina has said her daughter will be able to live a more healthy life than in Los Angeles.

METRO



Lautner howling mad over RV

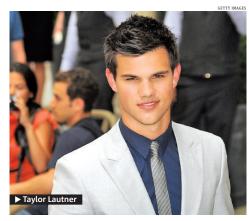
Taylor Lautner is suing a motor home dealership for "emotional distress" and "annoyance" after the dealership failed to deliver a \$300,000 RV, according to Popcrunch.

The 18-year-old Twilight star — and the highest-paid teen actor in the industry — was hoping to have the customized vehicle in time for filming of his new thriller, Abduction, being shot in Louisiana.

He is suing for breach of contract and fraud

Lautner is seeking unspecified damages.

METRO



Douglas won't delay his legal fight

Despite his battle with throat cancer, Michael Douglas has expressed no interest in delaying his legal dispute with ex-wife Diandra Douglas, according to Page Six.

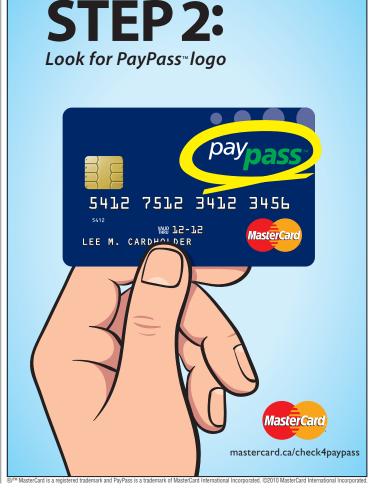
Diandra, who is seeking a share of royalties for the upcoming Wall Street: Money Never Sleeps, offered to postpone the case while Michael gets treatment.

"Michael declined," a source says.

"He wants to get this over with as soon as possi-

oie.







Behind the Seams



Designs: Past and present

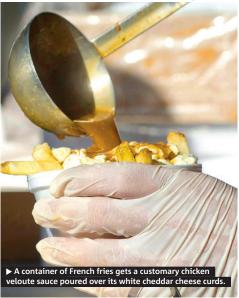
Fashions created by some of Quebec's leading designers, past and present, have been put on display at the Montreal Eaton Centre in an exhibition that borrows several garments from the collection of the Museum of Costume and Textile of Quebec. Behind the Seams includes the creations of some 20 designers, including "legendary outfits" from the 1960s by Michel Robichaud and Raoul-Jean Foure as well as contemporary items such as a dress by Marie Saint Pierre and a Joseph Helmer jacket, organ-



THE CANADIAN PRESS

Museum of Civilization to unveil mural depicting images of Quebec ◆ Thousands expected to attend annual Le Festival de la Poutine event, dedicated to Quebec culinary staple poutine ◆ The two-day event takes place on Labour Day weekend in Drummondville, a city of 67,000 located about an hour outside of Montreal





Poutine's Quebec birthplace

If you've ever been to La Belle Province, chances are you've dug into a messy heap of fries, cheese curds and sauce — the Quebec culinary delight called poutine.

But no one makes it quite like they do in Drummondville, Que., considered the birthplace of the concoction about four decades ago and home to Quebec's only Festival de la Poutine.

The dish has changed considerably in recent

"(This) is the ground zero of poutine, if you want to eat it the way it was originally made, that's the place to go"
BOB RUTLEDGE, A PROFESSOR OF ASTROPHYSICS AT MCGILL UNIVERSITY

years with everyone adding their own twist, but if you've ever wanted to dig into authentic poutine and catch some great live Quebec bands, the two-day event taking place on Labour Day weekend is the place to be.

"That (region) is the ground zero of poutine, if you want to eat it the way it was originally made, that's the place to go," says Bob Rutledge, a professor of astrophysics at McGill University and California native who fell in love with the Quebec dish upon moving here.

Rutledge, who runs the website montrealpou-

tine.com, says one reason to go to Drummondville is for the one-of-a-kind poutine sauce originating from the region.

"The sauces that appear to have been invented in that area are not what you find in say Montreal or Quebec City," said Rutledge.

Restaurants in the Drummondville region traditionally add a tomato puree to their sauce that makes it sweeter and gives it a distinctive taste over

If You Go

Festival de la Poutine is held Sept. 3 and 4 at Woodyatt Park, 19 rue du Pont, in Drummondville, Que., about an hour outside Montreal.

- Doors open at 5 p.m. on Friday and 3 p.m. on Saturday, until 11 p.m. both nights. The poutine is dished out all night.
- Tickets are \$20 for one day or \$25 to attend both days. Children 12 and under are free.
- On the web: festival delapoutine.com
 THE CANADIAN PRESS

the Montreal variation made with a dark-brown, often chicken-based gravy.

That sauce – an aurora sauce – isn't used anywhere else and often catches people from outside the region by surprise.

"It brightens it and it causes it to be somewhat sweeter and it's a very particular taste and a very particular flavour," Rutledge Says. THE CANADIAN PRESS

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Viva Vallarta Mexico's scenic resort town

◆ Where the spectacular peaks of the Sierra Madre meet the azure blue waters of Banderas Bay lies Puerto Vallarta ◆ From the welcoming beaches to the family-friendly adventures to the vibrant nightlife, this place was made for non-stop enjoyment

On Mexico's Pacific coast, where the jungle-filled slopes of the Sierra Madre Mountains meet the glistening waters of the Banderas Bay, lies the scenic resort town of Puerto Vallarta.

Just a few hours away aboard an Aeromexico Airlines flight, Puerto Vallarta's welcoming beaches, wide array of family-friendly activities, and vibrant nightlife make it the perfect vacation spot both for adventure seekers and those who just want to lay back and bask in the sun.

Where I'd stroll

Tourists and locals alike can be found walking the boardwalks and cobblestone streets of Puerto Vallarta's bustling downtown, called El Centro. The area features boutiques and craft shops to browse, artwork to admire, and plenty to eat, from delicious street food to more upscale fare. In the evening many of the restaurants turn into nightclubs where you can dance the night away.

What I'd eat

Tacos and quesadillas make for great Mexican

snack food, but authentic Mexican cuisine goes well beyond burrito borders. Foodies can visit local favorites such as Trio (tri-opv.com) and El Arrayan (elarrayan.com.mx) to sample some of the best dishes Puerto Vallarta has to offer, including lobster and shrimp-filled paella, braised pork leg, and a variety of fresh seafood ceviches.

Where I'd do my best Captain Jack Sparrow impersonation

The Marigalante Pirate Ship (piratesofthebay pv.com) offers a full day of swashbuckling fun. Activities on board include a kidpleasing pirate show, tons of contests and photo ops, breakfast, lunch, and an open bar to keep the adults entertained. A beach excursion includes kayaking, snorkeling, and banana boat rides, all supervised by the talented and attentive pirate staff. The trip costs \$85 US for adults; kids under 12 go free during the morning excursion.

How I'd get around, part 1

Via speedboat. The beach hideaway of Las Caletas is

so remote that it's only accessible by boat. Luckily, Vallarta Adventures (vallarta-adventures.com) provides thrilling, Miami Vice-style transportation to take you there breezing through the water at 40 miles per hour.

Once ashore, you can hang out with wildlife including parrots and monkeys, take a yoga class or a nature walk, swim with sea lions, or simply swing from a hammock and sip a cocktail.

How I'd get around, part 2

Via ATV. To take in the most panoramic views in the Sierra Madres, there's only one way to go. The staff at Green Zebra Adventures (gogreenzebra.com) will teach you to ride a Tomcar, an easy-to-drive vehicle that's made for offroading, effortlessly handling steep hills and rugged jungle terrain. Be warned: the scenery as you progress through the mountains is beautiful, but your clothes won't be. Come prepared to get down and dirty!

How I'd Unwind

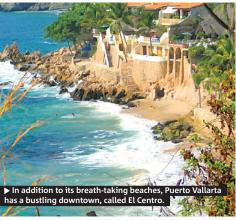
After all that activity, relaxation is key — this is a

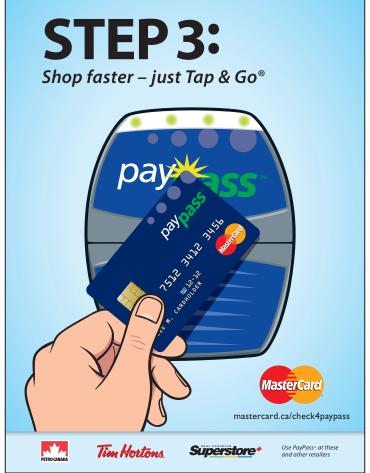
vacation, after all! Catch, some rays poolside at the Westin Hotel, tamarind margarita in hand. After a iday lounging in the sun, dine by candlelight at the hotel's beachside restaurant, then retire to the plush and pristine white bed that comes standard in every Westin room.

For more information: visitpuertovallarta.com.

• METRO WORLD NEWS







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excursions in Puerto Vallarta include kayaking, snorkeling and banana boat rides.

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The real dirt on winemaking

▶ Four free self-guided walks of California vineyards leave elitist perceptions of wine behind

They say great wine is made in the vineyard. Now some vintners are inviting guests to check that out through walking tours aimed at giving the real dirt on winemaking.

"One of the challenges facing the industry is there is this elitist percep-

If you go

Self-guided walks:

- Kunde Family Estate: 9825
 Sonoma Hwy., Kenwood,
 Calif.; kunde.com or 707 833-5501. Online registration available, fees range from \$25 for hikes with tastings to \$45 for dog hikes with lunch, and \$60 for a special harvest hike, including lunch, Sept. 11.
 Mauritson: 2859 Dry Creek Road, Healdshurg, Calif.
- Mauritson: 2859 Dry Creek Road, Healdsburg, Calif.; mauritsonwines.com or 707-431-0804. Walks are free. No reservation required, but call ahead to check on weather conditions. Tasting room fees vary.
- Sonoma Country Self-Guided Tour: sonomavineyardadventures.com/
- Rubicon Estate: 1991 St. Helena Hwy., Rutherford, Calif.; rubiconestate.com or 707-968-1100. Vinifera tour \$45, includes tasting. Reservations recommend-

THE ASSOCIATED PRESS

tion of wine," says Clay Mauritson, winemaker at Mauritson Winery, which offers vineyard tours. "I just see a huge benefit to getting people in the vineyard and showing them how the wine is made."

The Mauritson tour is one of four self-guided walks put together with the assistance of the Sonoma County Winegrape Commission. (The other three are Paradise Ridge Winery, Balletto Vineyards and Matanzas Creek Winery). The tours are free and visitors get information sheets pointing out various sights along the way; tasting room fees vary.

Trails are clearly marked with stopping points to look at various features, such as the Mauritson wind machines used to protect grapes from frost during the winter. (The fans draw in and circulate warmer air). Different types of vines are pointed out, as well as the environments they like to live in — heavier, richer soils for Sauvignon Blanc, for instance, or gravelly dirt for Cabernet Sauvignon.

"It's a passive education," says Mauritson.
"When they notice those things, what they're really doing is the essence of viticulture. You're not



shoving it down their throat with hoity-toity wine talk. You're really letting them find out."

Amy Hoseth, a librarian from Fort Collins, Colo., who recently took the Mauritson tour with her husband, Chad, appreciates the low-key approach.

"I'd never seen grapes growing before, so it was cool to see how it all works," she said.

The couple visited a few wineries, including one where they took a tram ride through the fields, which they also enjoyed, but "it was just kind of fun to get out

there and walk around." At the end of the tour, the couple got to stand near the crushpad and watch wine being bottled, a bonus peek into the world of winemaking.

Sonoma County isn't the only region inviting visitors to get up close and personal with the vines.

In next-door Napa Valley, Rubicon Estate — the historic Inglenook Winery painstakingly restored by director Francis Ford Coppola — has a variety of tours including a 45-minute Vinifera walk.

"This journey begins where our wine begins, in

the vineyard, and that really was the impetus for us to do this," says Catherine Durand, senior director of retail operations at Rubicon.

The Vinifera tour, which costs \$45 and culminates with a tasting of five wines, is guided and may take longer than 45 minutes depending on what people in the group want. "We ask guests, 'How much of this do you want to learn?" 's says Durand.

If you're looking for some serious leg-stretching, Kunde Family Estate, also in Sonoma County, has tours ranging from fairly short walks where dogs are welcome to moderately strenuous hikes that last up to four hours.

"We get people into our vineyards, show them our sustainable farming practices; they see beautiful vineyards. Our whole concept is to get people in the vineyards," says Jeff Kunde. "Everybody can see what estate wine is all about."

Registration is online and tours fill up promptly.

Tiptoe through the tulips? That's so yesterday. Now you can prance past the Pinot Noir.

THE ASSOCIATED PRESS

Menus and recipes for parents all in one book

From the creators of the #1 bestselling Family Organizer*

More Time Moms Family Meals



♠ As the school doors open for another year, there is no lack of advice for parents on preparing box lunches for their children

Joanne Lalonde Hayes experienced the challenge of filling her kid's lunch box every day and in 1993, she founded a publishing company to help parents juggle the demands of busy careers and the many activities in their children's lives.

The company, More Time Moms — based in her hometown of Aylmer, Que. — has just released a new publication with added tools to "organize, reduce and simplify the work involved in feeding your children."

The cookbook is More Time Moms Family Meals: Easy Meal Plans to Help You Keep Your Children Healthy.

Lalonde Hayes has designed the book as "a sim-

ple guide, a tool to help take the work out of and put the fun into family mealtime."

While this may seem like a pipe dream for busy working parents, especially women who often bear the brunt of performing endless household tasks, she feels she has succeeded in her goal of offering some simple solutions.

The book provides six weeks of healthy menus, 126 recipes and complete weekly grocery lists.

She has added ideas and recipes for snacks to help children control their blood sugar. This can allow them to eat five to six small meals a day, which is recommended by health professionals.

THE CANDIAN PRESS

Carrot Bran Muffins

Ingredients:

- 375 ml (1 1/2 cups) whole-wheat flour
- 375 ml (1 1/2 cups) natural bran
- 75 ml (1/3 cup) brown sugar
- 50 ml (1/4 cup) ground flaxseed
- 10 ml (2 tsp) baking soda
- 7 ml (1 1/2 tsp) ground cinnamon
- 2 ml (1/2 tsp) salt1 ml (1/4 tsp) ground
- cloves
- 1 ml (1/4 tsp) ground nutmeg
- 250 ml (1 cup) finely grated carrot
- 2 eggs
- 375 ml (1 1/2 cups) 2 per cent milk
- 50 ml (1/4 cup) unsweetened apple sauce
- 50 ml (1/4 cup) canola oil
- 30 ml (2 tbsp) lemon juice

Preparation:

- Preheat oven to 200 C (400 F) and prepare a 12-cup muffin pan with baking spray.
- 2 In a mixing bowl, combine whole-wheat



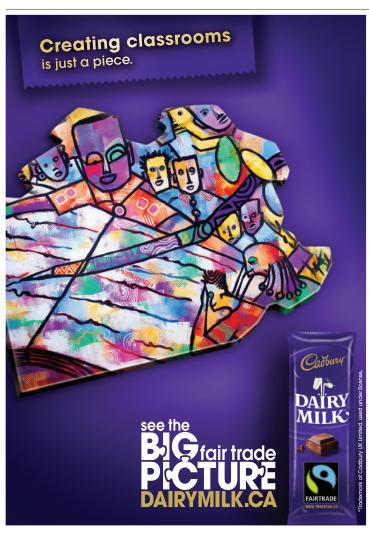
flour, bran, brown sugar, flaxseed, baking soda, cinnamon, salt, cloves and nutmeg.

Toss grated carrot into this dry mixture.

In a separate bowl, beat eggs thoroughly. Add milk, apple sauce, oil and lemon juice to beaten eggs. Beat until thoroughly combined.

Combine mixtures until just mixed.

Spoon batter into prepared muffin pan, dividing evenly. Bake for 20 minutes. Let cool slightly in pan before lifting muffins to a cooling rack.
THE ASSOCIATED PRESS





Fired? Let it go then move on

▶ Few milestones are as grim as unemployment ▶ Let your emotions run free on day one ♦ After one month, you should be in full job-seeker mode



So you've been fired? Let it go.

For many of the newly fired, waking up on "morning one" can come with a paralyzing sense of free fall — the sudden and shuddersome realization that you may not be obligated to match socks or shave for many months.

A few milestones, career counselors say, can make the vast, grim void of unemployment more fathomable. Start with day

DAY 1: The first day

"Walk while you're scared," suggests Thank You For Firing Me author Kitty Martini, vocal proponent of post-layoff exercise. "Take a bike ride." Women for Hire CEO Tory Johnson agrees. "While the immediate instinct might be, 'I've got to get my résumé in order' day one is much more about letting your emotions run freely," she says. "That might mean pulling out your voodoo doll and pretending it's the person who fired you."

DAY 7: The first week

"By the week mark, it's really about getting your finances in order," Johnson says. "Maybe you downgrade your cable service, or eliminate one of your phone lines. That's what you do early on." HBO or not, she warns, count on reduced finances for the foreseeable future. "People say, 'I'll just bartend, or I'll just dog walk,' none of those things are easy to land."

DAY 31: The first month "By the one-month mark, you have to be in serious job-seeker mode," Johnson stresses — résumé readied, dreams determined. Unless your vision is not yet clear. "Right at the point when you really reconnect back with what your passion is" that's when you should start looking," Martini says. "If you really want to do a routine, spend a little time each day just visualizing where you want to be," she says. "That's kind of like job hunting, but bringing the job to you, using physics."

She explains: "Something in the universe will shift when you start thinking about what you want."







How to cultivate good roommate relationships

College and freshmen are often tempted to request roommate changes within weeks of unpacking. But a host of research data suggests that staying the course - barring abusive situations — is likely to have a positive effect on students for years to

In a roommate setting, tension could actually produce better results for students. For instance, most studies show that racial differences among roommates lead to more conflict. However, an important Ohio State University and Virginia Commonwealth University study showed that mixed-race roommate situations resulted in better grades for African-Ameri-

Moreover, a recent Uni-

Expert Advice

What the experts sav:

- "I encourage students not to let Facebook be the source of first impressions since there's usually more to a student than what is posted on their online profile. Make time to talk on the phone and learn about each other." — Wendy Piper, director of residential life, Ohio Wesleyan University. "I recommended to the
- students that one way to reduce defensiveness and make the conversation

versity of Michigan study found that most roommate situations get better, not worse, over a 10-week period. That same study presented evidence that a

more productive — is to bring up the issue in a positive, oriented way. Instead of saying, 'Your behavior is bothering me, and you need to change,' say, 'I'm having a problem, and I would really appreciate your help in solving it." -Robert Donley, peer mediation coordinator, Central Pennsylvania College.

"We strongly believe that it is best for you to negotiate through the actual problem on your own." -Kathy Collins, associate director for residence education, Texas A&M University.

willingness to reveal weakness is a key factor in a good roommate relation-

Admitting to fears and shortcomings can create a

healthy bond, even between extremely different personalities "Human weakness, I think, is really one of the only reliable facts of the universe," says John Mallinen, a counselor. We are all dealing with a lot of fear. When we are able to share that with another person, it's bound to create intimacy."

And that can begin — at

least in small doses — online, before you meet, says Natalie Caine, founder of Empty Nest Support Services, a Los Angeles-based consultant. "Let each other know you are excited and nervous so it shows some vulnerability," she explains. "Use humour, like saying you will bring ear plugs to share for snoring or latenight studies.'

METRO

Back to school guide for the mature student

It's been a while since you've had to sit in classrooms and listen to pro-fessors prattle on. And frankly, you wonder how you'll keep up with lecture notes when you have other obligations like family or a part-time job. Not to worry. Here are some tips to help mature students survive that first year back at school:

1. Be confident about who you are. Don't compare your appearance, possessions, or status with other students. As a mature student, you may have better time management skills and more life experience than your peers. You also know the value of a good education and will work hard to achieve it.

2. Get organized. Invest in a daily planner to keep track of deadlines and assignments. Create a home workspace that is com-fortable and free of clut-

3. Find a student mentor. Apply for a mentor

Be proud

Be proud of yourself and consider helping a child in a developing country to get their education as well. You can visit www.ccfcanada.ca to see how you can provide opportunities to children in need.

through student services. Look for someone who is also a mature student and in a higher year than you. He or she can share firstyear experiences, time management and study tips, and the scoop on professors to avoid.

4. Befriend your classmates. Having friends to confide in will make your classes more enjoyable. If you don't connect with anyone in your class, join interest groups and asso-ciations on campus. Being passionate about an activity binds people together.

Your decision to further your education is a brave one. News CANADA

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News in brief

N.B. shutters university's degree program

PRIVATE SCHOOL. The New Brunswick government announced it has revoked Lansbridge University's degree-granting designation following a review of a number of assessments conducted and evidence collected by independent inspectors engaged by the province. The department will hire a registrar and an inspector to help oversee the wind-down of programs offered by the Fredericton-based private online institution.

Manitoba school locks out staff

LABOUR. University of Manitoba security personnel were locked out after the university and the staff's union were unable

to reach an agreement in last-minute negotiations through a conciliator. One of the union's biggest con-cerns was uManitoba's request to drop staffing levels, allowing security staff to patrol alone instead of in pairs. The union fears the move could put guards, students, and "all persons on university grounds in jeopardy." ⊚ METRO

UofT ranks high for **Webometrics**

of Toronto is the highestranking Canadian university in Cybermetrics Lab's biannual Webometrics Ranking of World Universities, which measures universities' performance and impact through their Web presence. Toronto placed 31st overall. The other Canadian institutions to make the top 100 are UBC (38), University of Montréal (60), SFU (66), University of Alberta (68), McGill (81) UQAM and the University of Waterloo (tied at 97).

INTERNET. The University

sports

Weir done for the year

Injured elbow brings an end to one of Canadian golfer's worst seasons • 40-year-old hopes to avoid surgery, let ligament heal on its own

Up and down

Ian Kinsler An MRI exam showed significant improvement in the Rangers star's strained left groin, which has kept him out of the lineup nearly a month.





Javier Vazquez The Yankees are moving the pitcher to the bullpen and will let rookie Ivan Nova start in his olace this weekend.

Mike Weir won't have the chance to try to salvage one of the worst seasons of his PGA Tour career.

The left-hander from Bright's Grove, Ont., has a partially torn ligament in his right elbow and likely won't hit another competitive golf shot until 2011.

Weir has been playing with pain for nearly two months, regularly icing his arm and seeking treatment from PGA Tour physiotherapists while struggling through the most important stretch of the season. The 40-year-old thought he was suffering from tendinitis, but decided to seek further medical attention at week's Wyndham Championship after an eye-opening conversation with a fellow pro who recognized the symptoms.

▶ Mike Weir hits a tee shot during the first round of the PGA Championship earlier this month.

"I talked to Scott McCarron last week and he really kind of convinced me to go get an MRI," Weir told The Canadian Press yesterday. "He told me he had done the same thing — he played with (pain) while getting therapy on (his forearm) and he kept tearing (the ligament) worse and worse. By the time he went and got an MRI, it was completely torn off and he had to have surgery and take a year off.'

Fortunately, Weir's prognosis is better than that. He plans to rest the elbow and seek alternative treatments, hoping the ligament will heal on its own so he can avoid surgery and a long layoff.

Even though the season is nearing its end, the news still hit hard. Weir failed to qualify for the FedExCup playoffs, which begin this week, but had been hoping to enter some of the fall series events that follow.

In the rough

The 2010 season has been one of the toughest of Mike Weir's career.

- After finishing sixth at the Bob Hope Classic in January, he failed to crack the top 10 in his remaining 18 tournaments.
- He missed eight cuts along the way and only broke 70 in two rounds after May.
- Weir had played the past three weeks before missing the cut at the PGA Championship and Wynd-

International Ice Hockey Federation president Rene Fasel took a detour from his otherwise diplomatic path midway through a question-and-answer session yesterday, offering a stern rebuttal when the moderator asked about the possibility of the NHL

NHL in

Europe? 'Good luck,'

says IIHF president

division in Europe. "Try to come," Fasel said flatly. "Good luck."

trying to establish a

It was the most defiant declaration on a day filled with European concerns at the world hockey summit, with North American hockey institutions raised as both important allies and potential dangers to the global game. The NHL and the CHL, its junior counterpart, were accused of overfishing in foreign talent

Delegates assembled around more than 45 tables on the covered arena floor at the Air Canada Centre, and the audience included notable spectators such as Toronto Maple Leafs general manager Brian Burke and Ottawa Senators captain Daniel Alfredsson.

This is our territory and I will fight like hell to not allow anybody to come from abroad," Fasel said. "I think in Europe we are strong enough to do something on our own, and then have the competition between Europe and North America. That makes the

fans happy." The longtime international executive then invoked the most sacred sporting moment in Canadian history, pointing to the excitement raised when Canada faced the Soviet Union in 1972 as a reason to avoid homogenizing the sport.

"I don't think that an NHL division in Europe would fly," Fasel said. "If they have a lot of money to invest, they could try. But as long as I'm sitting in my chair, I will never allow that." THE CANADIAN PRESS

Golfer's death ruled a suicide





The Clark County coroner's office ruled yesterthat 25-year-old professional golfer Erica Blasberg's death was a sui-

Blasberg died May 9 at her home in Henderson, about 24 kilometres southeast of the Las Vegas Strip. She was found with a plastic bag secured over

Henderson police said that while no foul play is suspected they have issued a misdemeanour arrest warrant for Dr. Thomas Hess on obstruction charges. Police said who discovered Hess. Blasberg's body, removed items from the scene, including a suicide note.

The contents of the note haven't been disclosed.

Hess turned himself inauthorities. booked into jail and released about 35 minutes after posting \$637 in bail yesterday, Henderson police spokesman Keith Paul

THE ASSOCIATED PRESS



metr@drive

Thinking outside the box with Juke

◆ Nissan's brand new crossover targets Gen X couples and urbanites ◆ Automaker is boldly going where no front-end styling has gone before, reviewer Mike Goetz says

Big-wheel stance

EXTERIOR.
Standard 17-inch alloy wheels, with aggressive Goodyear Eagle RS V-rated rubber. Wheels pushed to extreme corners of vehicle for agility and aggressive stance. Same B platform as Versa and Cube. Shorter than Versa, but taller and wider.

Breaking news: It's a turbo

ENGINE. Cheapest car you can buy to offer over 100 horses per litre of engine

displacement. New 1.6-litre direct injection turbo I4, good for 180-hp and 170 "torques." Two transmissions: 6-speed manual (FWD models only); CVT "automatic" with a "manual" shift mode. Driver can dial in three throttle/transmission/steering settings. I drove it almost exclusively in Sport Mode, the fun mode. With a high power-to-weight ratio and lots of traction, the Juke is one quick and entertaining little crossover.

Motorcycle inspirations

interior. Centre console mimics the profile and metallic shine of a motorcycle; very cool, but cup holders only take one-size cups, and not much storage space. Shifter nice and high and easy to reach from steering wheel. Long list of features, including navigation and heated seats.



Is that a coupe?

SPACE. A four-door that looks like a two-door. Rear door handle at top of door.

Roofline eats up headroom, but back seat still quite useful. \$19,998

Price of entry-level SV FWD with manual 6speed. Other models are: SV FWD CVT (\$21,298); SV AWD CVT (\$23,098); SL FWD with manual 6-speed (\$23,548); SL FWD CVT (\$24,848); SL AWD CVT (\$26,648).

Where machine meets human

INTERFACE. Juke introduces's a new system for switching and accessing

information. It features one main display with two main modes: climate and driving.

In-your-face facelift

FRONT. Front turn signal/parking light lamps actually rise above hood surface, like

crocodile eyes. Low-mounted headlights inspired by auxiliary lamps fitted to rally cars.

drive

In brief



Canadian heartthrob **Justin Bieber** has just hit 16 but has the makings of a fleet that most of us could never hope to own. P.Diddy is reported to have given him his white Lamborghini Gallardo Spyder for his birthday, while Usher offered him a Range Rover. METRO WORLD NEWS



Mazda5 stays strong, Sienna slips



The Mazda5 microvan posted an "Excellent" score in Consumer Reports' ratings, as part of a test in the September issue that featured three different types of family movers. Although smaller than a standard minivan, it is ideal for families on a budget.

Also included was the Ford Flex EcoBoost threerow SUV and the redesigned Toyota Sienna minivan which posted "Excellent" and "Very Good" test scores, respectively. The Mazda5 previously earned a Top Pick designation in CR's Annual Auto Issue in the Family Hauler category.

It is versatile and relatively roomy, despite its modest size. It has sliding rear doors, a small third-

row seat, and seating for up to six.

Consumer Reports opted to retest the '5 after it was upgraded for 2010, with electronic stability control.

While both the frontwheel-drive and all-wheeldrive versions of the Toyota Sienna posted "Very Good" test scores and it is a very good vehicle, it doesn't measure up to the previous model, which had been CR's top rated minivan for three years.

It is still roomy and efficient with a smooth ride, but a drop in interior fit and finish and quietness, among other things, contributed to an overall drop in score

FROM CARGUIDE



28

GM shuts out the air, cuts down fuel use

• Shutter system can better control aerodynamic forces even in harsh weather conditions • Tech available on new Cruze, other models to follow



DRIVING **FORCE**

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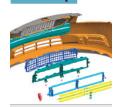
DRIVE@METRONEWS.CA

If you've ever put your hand out the window of a moving car, you've experienced aerodynamics. Put your hand flat and the air slips by, but if you hold it up, the wind pushes it. Much of the fuel your vehicle burns is just for overcoming this resistance; GM is helping to reduce this with an innovative new air shutter on the new Chevrolet Cruze sedan.

Made of high-strength plastic and tucked behind the grille for protection from road debris, the shutters open and close similarly to a Venetian blind, says Greg Fadler, aerodynamics engineering group manager for GM North America

"There is a five per cent improvement in aerodynamic drag," Fadler says.

Shutter up



The aerodynamic air shutter system on the Chevrolet Cruze is new, but automotive shutters were first used a long time ago.

"That's huge, because the horsepower required to overcome aerodynamic drag goes up with the cube of vehicle speed. It takes 50 per cent more horsepower to go (128 km/h) versus (112 km/hr). Above (72 km/h), aerodynamic drag is the largest drag on the vehicle. What we're doing is reducing the number-one draw on fuel con-

The system will debut

Many 1920s cars didn't have thermostats, which regulate the flow of coolant to keep the engine at its optimal temperature. These cars often had shutters over the radiator, which opened or closed depending on temperature. Some also had small doors, called louvres, along the sides of their hoods, which opened to let out excess heat. Both shutters and louvres were considered decorative as well as functional.

on the Cruze Eco, a special fuel-efficient trim level, but will eventually be rolled out across numerous GM products. In effect, they change the shape of the front end, allowing the car to "cut through" the air more efficiently.

The system uses a number of sensors that determine factors such as vehicle speed, and the temperature of the engine and outside air. Since they block off the radiator, used to cool the engine, they stay open when maximum airflow is required to reduce engine temperature, and close at higher speeds to reduce wind drag.

"It's designed so that it doesn't have to open in freezing conditions," Fadler says. "The cold air provides that extra cooling capacity." This eliminates any danger of the system trying to open shutters that are frozen shut.

"We tested the performance to the level of having all your luggage and your family loaded in on vacation in Death Valley, and it's (43C) outside, and your air conditioning and cooling system are working at maximum capacity keep you comfortable and the engine in the normal temperature range," Fadler says. "But if it's a fall day in Toronto, and the temperature is maybe (10C), you need far less air in that scenario, so the system shuts down that excess capacity when it's not needed.



WANT SERVICE SATISFACTION? ET'S TALK

A study released this week suggests we may be in the midst of a paradigm shift — we seem to be spending less and less on vehicle maintenance

nother

finding: Certain "intangibles" of auto service and repair keep cropping up, as the ones that really matter to us. I might be wrong, but they also seem to be the same ones that have been around since the dawn of

Consider this conversation, overheard in the establishment called Bob's Wheel Service, circa 2,000

"I come to get my wheel. You fix?"

"No, maybe tomorrow,

bring back tomorrow.' Tomorrow no good."

"You wouldn't understand, wheel fixing business very complicated."

"Me understand me want to complicate your brain structure with this rock.

Ryan Robinson is director of the Canadian Automotive Practice at J.D. Power and Associates, the firm that asked more than 14,500 owners about their service experiences. He told me that those that did well in the satisfaction rankings, were obviously the ones that consistently "hit the mark" when it came to completing work on time.

"People really value their time these days. Service providers need to acknowledge and meet those expectations.'

But equally important, says Robinson, are the discussions that providers have with their customers. "Often customers don't know what's exactly going on with their vehicle. They have to put their trust in

The way they get that

Top service

Overall Service **Experience Satisfaction**

- 1. PetroCanada Certigard
- Goodyear Auto Centres
- Jiffy Lube 835
- OK Tire 832
- NAPA AUTOPRO 831 Toyota-Lexus 825
- Midas 822
- Pennzoil 818 Fountain Tire 815

Mr. Lube 815 Industry Average 815

> SOURCE: .D. Power and Associates. Based on a 1,000-point scale. Over 14,500 respondents, with 3 to 12-year old vehicles.

trust, is through good dialogue, says Robinson, about the work that was just completed on the vehicle, about what it might need in the future, and being realistic and truthful about how long the vehicle needs to be in the shop.

"When customers feel they are being educated, and are given the straight goods about what the vehicle needs, the higher the trust and the higher the satisfaction scores.

Scanning the list reveals only one dealership brand (Toyota-Lexus) to finish in the top ten and above the industry average.

According to Robinson, traditional aftermarket players seem better able to build and maintain those "one on one" customer relationships. But he adds there are many individual dealers. and even very large dealer groups, that also do well with satisfaction.



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Teens driving distracted

Adjusting stereo, talking on cell among top distractions, survey shows

Teen drivers often understand that shooting a quick text message, playing with their radio, or eating while driving is dangerous. However, the

whelming majority of teen drivers engage in distracted driving behaviours anyway, according to a recent survey by The U.S. AAA and Seventeen magazine.

Almost nine in 10 teenage drivers (86 per cent) have driven while distracted, even though 84 per cent of teen drivers know it's dangerous. Featured in the September issue of Seventeen magazine, the results are based on a survey conducted in May of nearly 2.000 male and female teen drivers ages 16 - 19.



Seventeen magazine and AAA set out to discover what risky behaviours teen drivers were engaging in while behind the wheeland how they justify this dangerous behaviour.

Of those surveyed, 73 per cent have adjusted their radio/CD/MP3 player, 61 per cent have eaten food, and 60 per cent have talked on a cellphone while driving.

The reasons teen drivers think it's fine to engage in these distractions are varied: 41 per cent think their action will only take a split second; 35 per cent don't think they'll get hurt; 34

per cent said they're used to multitasking; and 32 per cent don't think that anything bad will happen to them.

Even as passengers, teen drivers worry about distracted driving, with nearly four out of 10 (38 per cent) saying they have been afraid they were going to get hurt because they were the passenger of a distract-



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WRX STI for sport-head

▶ Impreza variation one of the most sought-after sports cars ▶ Best to avoid one with modified turbocharger

SECOND GEAR

JUSTIN PRITCHARD

DRIVE@METRONEWS.CA

Thanks to a long history in motorsports, a community of passionate and loyal owners, and tremendous popularity on YouTube videos, the Subaru Impreza WRX STI is quickly becoming one of the used car market's most soughtafter sports sedans.

The specs

- MODEL 2004 to 2007 Subaru Impreza WRX STI
- ► VEHICLE TYPE Sedan

 APPROXIMATE USED
- PRICE RANGE \$16,000 to \$30,000

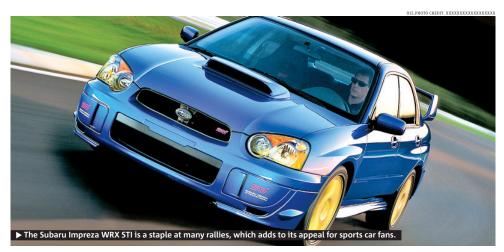
The last-generation STI came just one way: as a sedan with a turbocharged 2.5 litre boxer four-cylinder engine and six-speed manual transmission.

A Driver Controlled Centre Differential (DCCD) allowed for fine-tuning of power delivery through the STI's All Wheel Drive (AWD) system, and horse-power was rated somewhere between 293 and 300, depending on the year in question.

What Owners Like

Performance superiority, styling and reputation are all cited as key reasons why Impeza WRX STI owners chose their rides.

With a four-door body and decently-sized trunk, it's a performance car with the sensibility of a compact sedan — and the standard AWD system



means year-round enjoyment is part of the package, too.

What Owners Hate

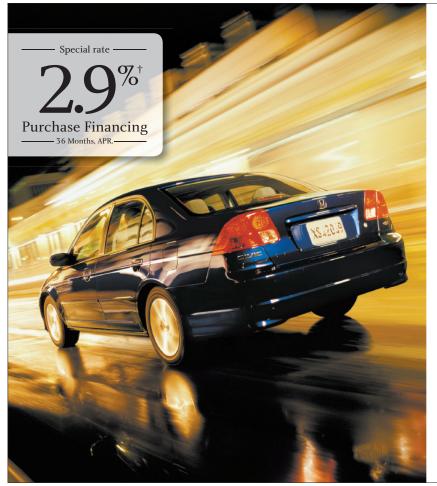
Standard sports car complaints apply for the model, including fuel mileage, a rough ride and high insurance and maintenance costs.

Common issues

Subaru has a reputation for building some solid and reliable cars, and the STI should prove no exception. Thing is, the STI isn't invincible or idiot-proof.

Careful shopping and patience are key in finding a used STI model that wasn't given as a birthday present to someone's aspiring teenaged drifter.

Bear in mind that clunking or grinding noises from the suspension or steering typically indicate a problem. Be sure there are no check-engine lights, no grinding sensations during gear shifting, and that there's no smoke coming from the tailpipe during hot or cold idle — or during hard acceleration.



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Crossword

Across

ACROSS

- 1 Servicewoman 4 Mailing ctr.
- 7 "Green Mansions" character 8 First, second.
- third and reverse 10 "Carmen" com-
- poser
- 11 Be there 13 Enrollment for
- 16 Pale 17 The non-profes-
- sionals 18 Placekicker's
- pride 19 Depressed
- 20 Farm fraction
- 21 Two fingers
- raised, e.g. 23 Closet intruders
- 25 Eat in style
- 26 Lincoln's bill
- 27 Tic-tac-toe win
- 28 "War and —"
- 30 Greek cross 33 Immediate con-
- tact 36 Farewells
- 37 Skin 38 Walk proudly
- 39 Coffee vessels
- 40 Snake's noise
- 41 Type measures

Down

- 1 Shrivel
- 2 "So be it" 3 Mail-order book
- 4 "Understand?"
- 5 Sucker
- 6 Raw materials

- 10 11 12 13 14 15 18 20 27 31 28 32 33 36 38 39 40 41
- 7 Philbin's co-host 8 Street urchin 9 Tattletale
- 10 Arrow launcher 12 Morrison's
- band, with "the" 14 Sunrise
- 15 Born 19 Gaming cube
- 20 Noshed 21 String instru-
- ment 22 Hairnets 23 Isin-glass
- 24 Late, as a payment

- 25 "What's up, -
- 26 The Devil bought his soul 28 Jurors, theoretically
- 29 Horse play? 30 Shore birds
- 31 Weaponry 32 "My home. sweet home" 34 Perches 35 Expression

► Yesterday's answer

М	Е	S	Α		G	Ε	М		С	Α	М	Ρ
Α	R	Α	В		R	0	Ε		Α	R	Τ	Α
G	Τ	N	S		Τ	N	D	U	S	Т	R	Υ
T	Ν	D	U	С	Е	S		S	Т	Υ	Е	S
			R	U	G		Е	Е	L			
S	Р	Α	D	Е		Т	Ν	D	Е	Х	Е	D
K	Τ	D			М	R	S			٧	Е	Ε
T	N	D	T	Α	Ν	Α		В	Α	Τ	R	Ν
			Ν	С	0		K	1	Ν			
L	Α	Τ	R	D		Τ	Ν	D	0	0	R	S
T	Ν	D	U	С	Т	Е	Е		Т	D	0	L
Е	K	Е	S		W	0	Ε		Ν	0	٧	Α
D	Α	S	Н		0	Н	S	Γ	T	R	Е	Υ

Sudoku

		1	9		2	3		
	4		1		7		9	
7								2
		6	7	9	5	4		
		5	3	6	4	2		
4								1
	5		8		6		7	
		9	4		1	8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

A look at the weather

THURSDAY

Max 28°

Min 10°

4	1	3	8	7	2	9	5	6
9	5	7	4	1	6	8	2	3
6	8	2	9	5	3	1	4	7
8	7	4	6	2	5	3	9	1
5	9	6	3	8	1	2	7	4
2	3	1	7	4	9	5	6	8
3	2	5	1	6	4	7	8	9
7	4	9	2	3	8	6	1	5
1	6	8	5	9	7	4	3	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my dear love, happy anniversary Adam S., Thanks for making this year the best one ever <3 Love always MILA H.

Everdearest Ma, God smiled on this day and gave us you. Happy Birthday. We love you so much. Blessings and prayers. PA, THE 2 JOS AND KOTA

hello Melissa. You are so special. I like how you get lost all the time haha. Jk i am sad Rin Martin xoxo LOVE FROM ME.

Andy Lian, I love you so much! I'll never want anyone else but you! You are the one for me. Thank-you for taking care of me! I love уои.

WENDY LIAN

Today's horoscope

T Aries March 21-April 20 Try not to fall out with work colleagues today because it will be difficult to patch things up and be friends again later. Everyone is still a bit touchy from yesterday's full moon.

¥ Taurus April 21-May 21 At some stage today you will have to decide not only whether you want to follow a particular path but also if you are moving in the right direction generally.

II Gemini May 22-June 21 Yesterday's full moon made disputes look bigger and more important than they really were and today's Sun-Jupiter link will aggravate the situation. Don't get angry or up-

Gancer June 22-July 22

What happens today will disrupt your immediate plans, and you may start to wonder if you should give up on a project. No you should not! It's a temporary blip, nothing more.

Ω Leo July 23-Aug.23 If you try to hold on to the past any longer the parting will be more painful than it needs to be. You know it's time to move on. You know a new path awaits you.

117 Virgo Aug. 24- Sept. 22 So much is going on in your world at the moment that you are beginning to worry that you might not be able to hold it all together, Don't panic. The planets promise that if you stay calm you'll come through unscathed.

happen?

and for expanded horoscopes, ao to metronews.ca

← Libra sept. 23-0ct. 23 If you don't meet others halfway today chances are they will take their business elsewhere. Are you prepared to let that

For today's crossword answers

M Scorpio Oct. 24-Nov. 22

There are two possible options open to you now but you can't make up your mind which to take. Put off making a decision until tomorrow when Pluto, your ruler, will show you the

Nov. 23-Dec. 21 You are spending too much time and energy on something that is of no real importance, and not nearly enough on something that is. Stop worrying about the fu-

り Capricorn Dec. 22-Jan. 20

TODAY

Max 27°

Min 9

Don't let a friend persuade you that something cannot be done. They may think they are doing you a favour but in fact they would be directing you away from a golden opportunity. You can do anything.

Aquarius Jan. 21-Feb. 18 Focus on what you have in common with other people. rather than on what sets you apart. Promise yourself now that you won't overreact.

H Pisces Feb. 19-March 20 You have reached a point of no return and have no choice but to decide what it is you want from the future. Fate may have brought you here but the next step is up to you. SALLY BROMPTON

FRIDAY

Max 16°

Min 8°

Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

(BT)



Andrew Schultz,

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Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's





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